

Be Active: Feel Good and Play Hard!

- ★ Adults need 30-60 minutes of activity a day for health and weight control - just 10 minutes at a time. It adds up!



- ★ All activity counts: walking or playing with kids or friends, gardening, bicycling, even cleaning house!
- ★ Being active helps you sleep better.



- ★ Turn the TV off. Fill that time with activities like playing games, dancing, stretching, or going out for a walk.

Eat Healthy: Add Fruits and Vegetables

- ★ Cut down on calories. Drink water and eat whole fruit.
- ★ Keep fats low. Go for high fiber, vitamins A & C, calcium, and iron.
- ★ Colorful vegetables are the most nutritious. Try these:
 - Dark greens - lettuce, broccoli, spinach, kale, or Romaine
 - Orange veggies - carrots, sweet potatoes, pumpkin, or yams
 - Other - corn, peas, or tomatoes
- ★ Add lettuce and tomato to meat sandwiches.
- ★ Eat breakfast! It will help you control your weight. You will feel better in the morning, and eat less later in the day and at night.



These messages brought to you by the Health Care Authority, Department of Health,
and Washington State University's *Energize Your Life* Program.

If you have questions, contact Kyle Unland, Department of Health, at (360) 236-3757 or kyle.unland@doh.wa.gov.